

Discovering Buddhism 1: The Mind and its Potential Completion Card

To complete this module, students are required to attend all lectures and do all required reading and practices indicated in each subject area review sheet. Requirements for this module are summarized below.

Student Name and email _____

Center where course was offered Kadampa Center, Raleigh, NC Course Teacher Robbie Watkins

Dates of course Sept 12 - Oct 17, 2016 Type of course Weekly lecture series

ATTENDANCE

Number of lectures offered 6

Number of lectures attended _____

Number of sessions viewed online or accessed via recording _____

REQUIRED MEDITATIONS and PRACTICES

Meditation on continuity of the mind Done _____ Dates _____

Meditation on space-like clarity Done _____ Dates _____

Meditation on mind as "knower" Done _____ Dates _____

REQUIRED TEXTS

Discovering Buddhism Readings

- What is the Mind Done _____ Date _____

- Happiness, Karma, and Mind Done _____ Date _____

- Everything Comes from the Mind Done _____ Date _____

- Understanding the Mind Done _____ Date _____

Wish-fulfilling Golden Sun (pp. 1-3, 44-50) Done _____ Date _____

EXAM

According to Tibetan Buddhist teachings, the mind has four important qualities. They are:

Bonus Question: What did the Buddhist Monk say to the hot dog vendor? _____

Course Teacher's signature verifying above _____

To complete this module to FPMT standards, these requirements remain:

Follow the instructions in the FPMT online course for the One-day practice intensive practice, OR Attend the equivalent one-day retreat at the Kadampa Center - date completed _____

Complete the Final Exam provided through the online course. - date completed _____

In order to receive the certificate for the Discovering Buddhism Course, which includes this module, 12 other modules like this, and a fourteenth module of Integrated Practice, you must complete the additional FPMT requirements. We recommend you begin Integrated Practice as early as possible.

revised 9/15/2017